

AVOCADO & EGG BREAKFAST BOWL

Ingredients:

1 ripe avocado

2 eggs, cooked to preference

1/2 cup cherry tomatoes, halved

1 tbsp olive oil

Salt & Pepper

Optional: Sprinkle red pepper flakes or hemp seeds

Instructions:

Slice avocado and arrange in a bowl.

Add eggs, cherry tomatoes and drizzle with olive oil

Season with salt, pepper, and optional toppings. Enjoy!

MEDITERRANEAN QUINOA SALAD

Ingredients:

1 cup cooked quinoa

1/2 cup cucumber, sliced

1/2 cup cherry tomatoes, halved

1/4 cup red onion, chopped

1/4 cup olives, sliced

1/4 cup feta cheese (optional)

2 tbsp olive oil

1 tbsp lemon juice

Salt & Pepper to taste

Instructions:

Combine all ingredients in a large bowl.

Drizzle with olive oil and lemon juice.

Toss well and serve chilled or at room temperature.

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GARLIC BUTTER SALMON WITH ROASTED VEGETABLES

Ingredients:

1 Salmon Fillet

1 tbsp olive oil, or grass-fed Buttler

1 clove garlic, minced

1/2 tsp paprika

1/2 cup broccoli florets

1/2 cup zucchini, sliced

1/2 cup bell peppers, sliced

Salt & Pepper to taste

Instructions:

Preheat oven to 400 degrees.

Toss vegetables in olive oil and salt and pepper.

Spread on a baking sheet.

Place salmon on top and rub with garlic, butter, paprika

Bake for 15-20 minutes until salmon flakes easily.

GREEN DETOX JUICE

Packed with fiber and nutrients, this juice helps stabilize blood sugar and reduce cravings.

Ingredients:

1 cucumber

2 celery stalks

1 cup spinach

1/2 lemon (juiced)

1-inch piece of ginger

1 cup water

Instructions:

Blend all ingredients until smooth.

Strain if desired, or drink as is for extra fiber.

-**LINDA**BOURDELAISE.COM[.]



I love talking to women, especially about their health. All too often they

If this resonates with you, then you've come to the right place. I'm here to help.

I have a soft spot for women at midlife. Many of you have devoted years to your families and finally have "Me time," but don't know what to do with it. You may think about lost opportunities—a dream you wish you had pursued. As you approach retirement age, you may worry about finances, staying healthy throughout life, and gaining new interests.

I believe there's no such thing as a "life not realized" and that you're never too old (or too young to enjoy life. For me that means embracing my interests, learning new things, traveling, being active for the fun of it, enjoying my family, developing myself, and, of course, taking care of my health.

Health is so much more than what you eat. It's about your emotions, physical state, your sleep, your energy levels, your relationships, and a connection to your life's purpose. It's never too late to make profound changes—or to tackle that passion list.

Let's do it! Together.

Love. Linda

ps: connect with me at www.lindabourdelaise.com



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